



**WELL CHILD EXAM - LATE  
CHILDHOOD: 12 YEARS**  
(Meets EPSDT Guidelines)

DATE

**LATE CHILDHOOD: 12 YEARS**

PARENT AND CHILD TO  
COMPLETE ABOUT CHILD

CHILD'S NAME

DATE OF BIRTH

ALLERGIES

CURRENT MEDICATIONS

ILLNESSES/ACCIDENTS/PROBLEMS/CONCERNS SINCE LAST VISIT

YES NO

☐ ☐

My child eats breakfast every day.

YES NO

☐ ☐

My child seems rested when he/she awakens.

☐ ☐

My child is doing well in school.

☐ ☐

My child handles stress, anger, frustration appropriately.

☐ ☐

My child has one or more close friends.

☐ ☐

My child gets some physical activity every day.

WEIGHT KG/OZ. PERCENTILE

HEIGHT CM/IN. PERCENTILE

BLOOD PRESSURE

☐ Review of systems ☐ Review of family history

Screening:

N A

Development

☐ ☐

Behavior

☐ ☐

Social/Emotional

☐ ☐

Vision

R 20/ \_\_\_\_\_ L 20/ \_\_\_\_\_

MHZ

R

L

Hearing

4000

2000

1000

500

Physical:

General appearance

☐ ☐

Chest

☐ ☐

Skin

☐ ☐

Lungs

☐ ☐

Head

☐ ☐

Cardiovascular/Pulses

☐ ☐

Eyes

☐ ☐

Abdomen

☐ ☐

Ears

☐ ☐

Genitalia

☐ ☐

Nose

☐ ☐

Spine

☐ ☐

Oropharynx/Teeth

☐ ☐

Extremities

☐ ☐

Neck

☐ ☐

Neurological

☐ ☐

Nodes

☐ ☐

Gait

☐ ☐

Mental Health

☐ ☐

Describe abnormal findings:

Diet \_\_\_\_\_

Sleep \_\_\_\_\_

☐ Dental Referral ☐ Tb ☐ Cholesterol

☐ Review Immunization Record

Health Education: (Check all completed)

☐ Nutrition ☐ Dental Care ☐ Safety ☐ Adequate Sleep

☐ Development ☐ Seat Belt ☐ Helmets ☐ Smoking

☐ Regular Physical Activity ☐ Puberty

☐ Parenting Issues ☐ After school supervision

☐ School Issues ☐ Drugs/Alcohol

Assessment: \_\_\_\_\_

IMMUNIZATIONS GIVEN

REFERRALS

**NEXT VISIT: 14 YEARS OF AGE**

HEALTH PROVIDER NAME

HEALTH PROVIDER SIGNATURE

HEALTH PROVIDER ADDRESS

# Your Child's Health at 12 Years

## Milestones

### **Ways your child is developing between 12 and 14 years of age.**

Most children get their second molars (back teeth) between 12 and 13. Talk with your dentist about sealants. She should floss daily.

Between age twelve and fourteen, most girls will have small breasts, pubic hair and periods.

Between age twelve and fourteen, most boys will have pubic hair. The skin on their penis and scrotum may change color.

Many boys will have a growth spurt sometime between 12 and 15. Their voice may change and they may start a beard.

**Children do not experience these body changes at the same age. This can worry a child. Growth happens at different times for everyone. If they have not begun to have growth changes by age 14 talk with your doctor.**

## **For Help or More Information**

**For Immunization Information:** Healthy Mothers, Healthy Babies Information and Referral Line 1-800-322-2588.

## **Sexuality Information For Teens:**

[www.teenwire.com](http://www.teenwire.com).

Churches, schools or community colleges may offer workshops on conflict resolution or anger management. These can be useful skills for early teenagers.

## Health Tips

Your child will need booster immunizations at this age. Talk with your doctor to be sure he is fully immunized.

At this age a child's height and weight can change quickly. They need exercise in addition to school P.E. classes. Eating good food and healthy snacks is important.

## Parenting Tips

A child's body makes many changes as part of becoming a teenager. This can be exciting and can also be scary. Your child may be more emotional and sometimes rude or angry.

Talk with your child about the changes in her body as the changes happen. Tell her these are good signs of growing up.

Talk with your child about sexual feelings. He needs to know they are normal. Talking about sex when your child is younger may make it easier to talk about it with him when he is older.

Your child is growing mentally. You can help her thinking skills by asking her how to solve problems.

When a child often feels sad, nervous, or worried things are not going right for her, talk with her about her feelings. Help her find a counselor if necessary.

This is a good time for your child to learn first aid and CPR.

## Safety Tips

Cigarettes, drugs and alcohol are often offered to teenagers. Practice "saying no" with your child. Help him be prepared.

Teach your child gun safety. They should never play around with guns. Help them practice walking away if their friends have guns. If you keep guns in your home, make sure they are unloaded and locked up.

## **Guidance to Physicians and Nurse Practitioners for Late Childhood (12 years)**

The following highlight EPSDT screens where practitioners often have questions. They are not comprehensive guidelines.

### **Fluoride Screen**

Check with local health department for fluoride concentration in local water supply, then use clinical judgment in screening.

### **Hemoglobin/Hematocrit (Hgb/Hct) Screen**

- Using your own practice experience, evaluate the need, timing and frequency of hematocrit tests, especially in menstruating teens.

### **Total Cholesterol/Lipoprotein Screens**

- Screen children with a parent or grandparent with premature (before age 55) cardiovascular disease.
- Recommend lipoprotein screen for children with a total cholesterol equal to or greater than 170 on two tests with a parent whose cholesterol is greater than or equal to 249 mg/dl.

### **Developmental Milestones**

Always ask parents if they have concerns about development or behavior.

Notes: Immunization schedules are from the Advisory Committee on Immunization Practice of the U.S. Centers for Disease Control and Prevention.